

# DINNERLY



## Mongolian Chicken and Broccoli with Steamed Rice



25 minutes



2 Servings

Whip up this takeaway classic in record time. Stir-fry tender chicken strips and good-for-you broccoli in a sweet soy sauce, then serve with steamed rice for a guaranteed crowd-pleaser.



## WHAT WE SEND

- 150g jasmine rice
- 1 head broccoli
- 2 spring onions
- 1 large free-range chicken breast fillet
- 20g cornflour <sup>17</sup>
- 2 tbs kecap manis <sup>1,6,17</sup>

## WHAT YOU NEED

- 2 garlic cloves
- 2 tbs vegetable oil
- 1 tbs soy sauce <sup>6</sup>
- 1 tsp white vinegar
- 3 tsp sugar

## TOOLS

- small saucepan with lid
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 705kcal, Fat 21.4g, Carbs 101.2g, Proteins 45.5g



### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



### 2. Prep ingredients

Meanwhile, thinly slice the **broccoli** stem (see Kitchen 101), then cut the head into small florets. Cut the white part of the **spring onions** into 3cm lengths, then thinly slice the green parts. Crush or finely chop **2 garlic cloves**. Slice the **chicken** into 1cm-thick strips.



### 3. Stir-fry chicken

Put the **chicken** in a bowl, add the **cornflour**, season with **salt and pepper** and toss to coat. Heat **1½ tbs vegetable oil** in a medium deep frypan over high heat. Stir-fry the chicken for 3-4 mins until browned and cooked through. Remove from the pan, scraping any crispy bits from the base of the pan and set aside. Reserve the pan.



### 4. Stir-fry veggies

Combine the **kecap manis**, **garlic**, **1 tbs soy sauce**, **1 tsp white vinegar** and **3 tsp sugar** in a bowl. Heat **2 tsp vegetable oil** in the reserved pan over high heat. Stir-fry the **broccoli stems and florets** for 5 mins or until almost tender. Add the **white part of the spring onion** and **1 tbs water** and stir-fry for a further 2-3 mins until tender but still with crunch.



### 5. Serve up

Add the **chicken** and **kecap manis mixture** to the veggies and stir-fry for 30 secs or until warmed through. Taste, then season with **salt and pepper**. Divide the **rice** and **chicken stir-fry** among bowls and scatter over the **remaining spring onion**. Enjoy!



### 6. Kitchen 101

Poor broccoli stems – they really deserve more love in the kitchen! And they're just as nutritious as the florets. To prepare, first trim the end of the stem and then peel it if it's woody.